



# Scott Charland

## Certified Personal Trainer

### About Me:

Scott has been involved in the health and fitness field for most of his life. He holds a Master's degree in Exercise Physiology and is certified through the National Strength and Conditioning Association (NSCA), the Collegiate Strength and Conditioning Coaches Association, USA Weightlifting, and USA Track and Field. He also serves on the Missouri Advisory Board for the NSCA.

Sports performance training and training athletes has been Scott's specialty for the last decade, as is evidenced by his continued work as Strength and Conditioning Coach in the university setting. He currently serves as the Director of Strength and Conditioning at Saint Louis University, where he has been coaching an average of 250 Division I student-athletes annually since 2008. In this role, he helps student-athletes improve their sports performance by casting attention on their specific challenges, and then designing and implementing individual programs focused on comprehensive strength; conditioning; speed and agility development; flexibility; plyometrics; rehabilitation; and injury prevention.

Personal training with Scott can address many areas of fitness training. His specialties include any of the following areas, adapted to your specific needs and goals:

- Athletic Performance and Assessment
- Speed and Agility Development
- Vertical Jump and Power Improvement
- Strength Training

Even though Scott is currently working with student-athletes, he has worked with all populations during his 16-year career in fitness. During his free time, Scott is an avid weightlifter. He is a two-time Missouri State Powerlifting champion and has recorded an Elite Total (1471 lbs.) in the 198 pound weight class.

### Education and Certifications:

B.S. – Leisure Services and Studies  
M.A. – Exercise Physiology  
NSCA Personal Trainer  
ACSM Exercise Leader  
Collegiate Strength & Conditioning  
Coaches Association  
USA Weightlifting Coach  
USA Track and Field Coach  
CPR/AED & First Aid

### Specialties:

Athlete specific training  
Strength training  
Injury prevention

### Availability:

Mid-day, evenings and weekends